MADRAS

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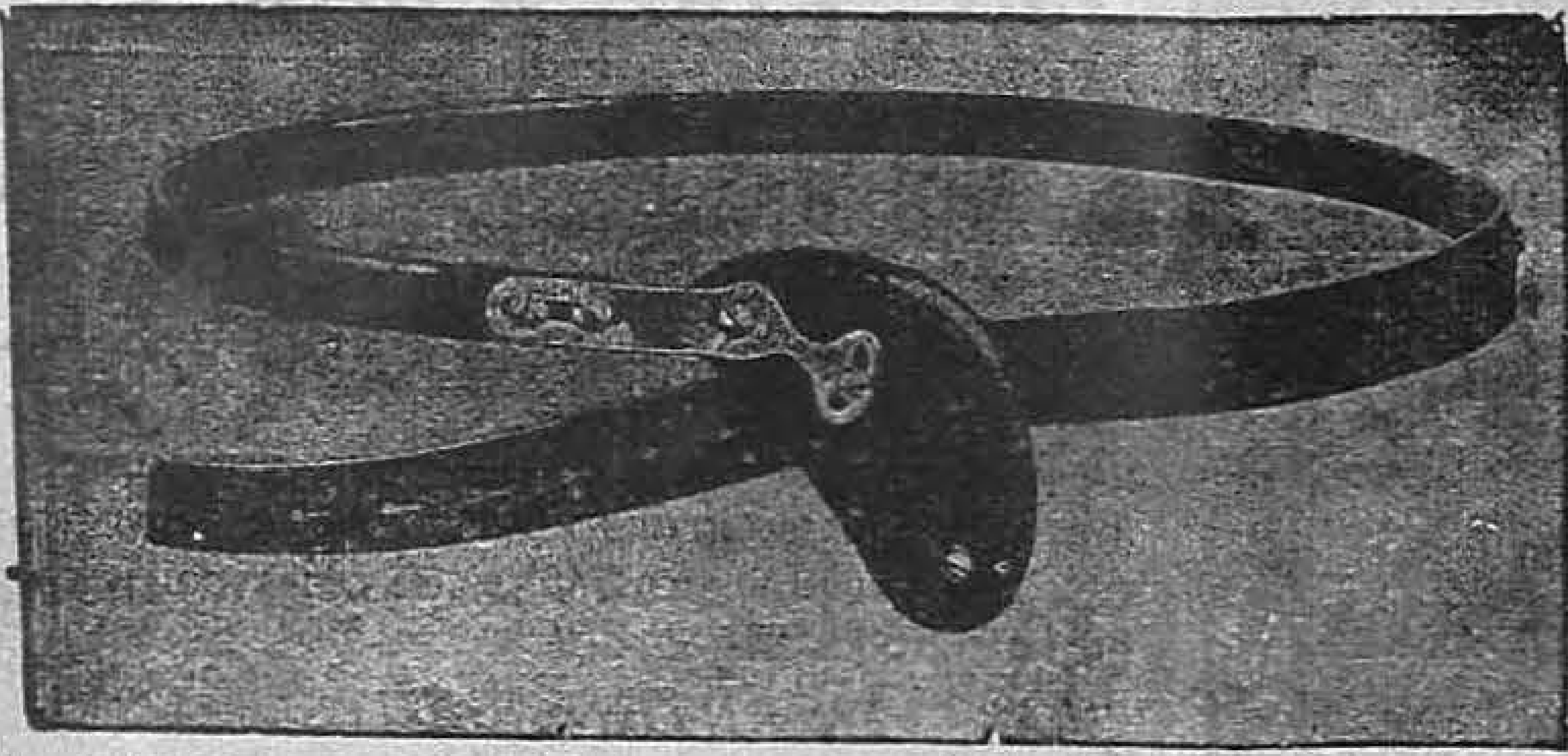

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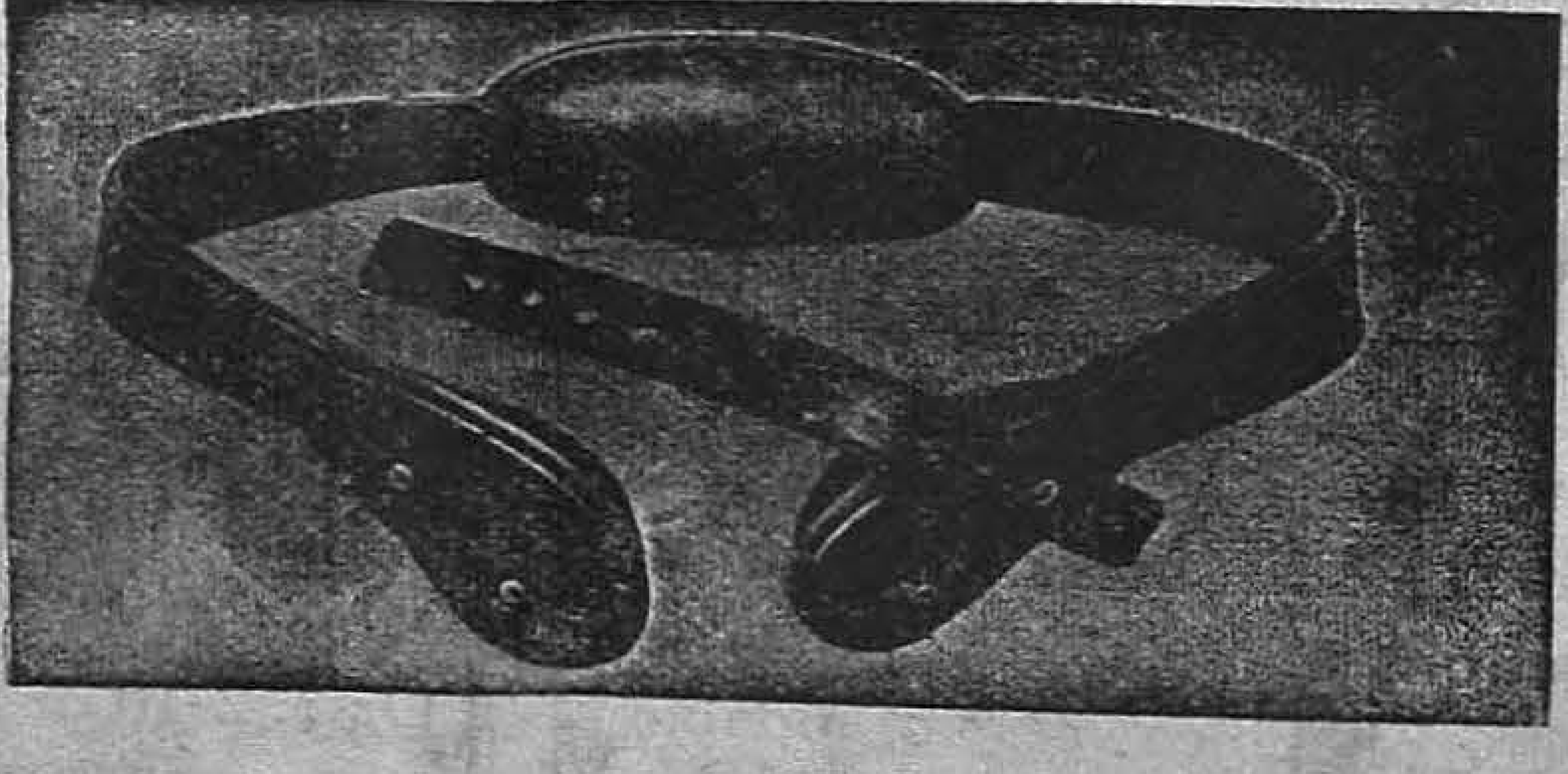

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Vol. XV.	MAY, 1937	No. 5.

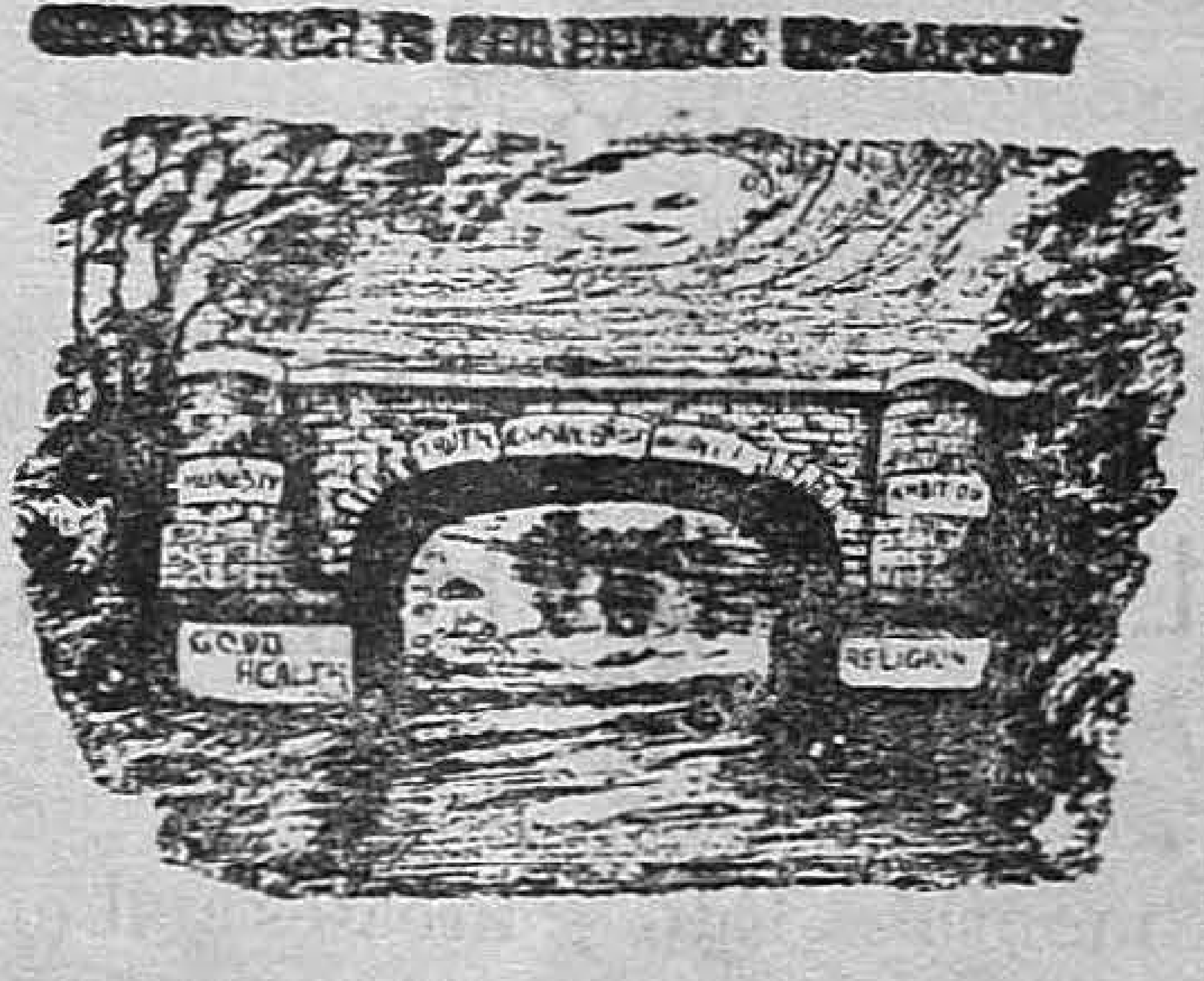
Editorial

Plain Living and High Thinking

(*Continued from page 65 Vol. XV. No. 4, Apr. '37 issue*)

As stated in our last month's Editorial, we shall take up "High Thinking", for discussion in this issue. Health means harmony and unless there is harmony between the body and the mind, health is impossible of attainment. We have already pointed out how by 'plain living', health of the body can be secured. We shall here show how, by 'high thinking,' health of the mind can be secured and thus both by 'Plain living and High thinking', harmony between mind and body, in other words, perfect health, can be secured. '*Mens sana in Corpore sano*'—a sound mind in a sound body—is an oft-repeated maxim, the truth of which is indisputable. While it is possible to diagnose bodily diseases and cure them by timely medical aid, it is very hard to probe into the mind and treat its malady. It may be said without fear of exaggeration or contradiction, that most bodily ailments are due to mental causes. Irregular habits in thinking, losing of temper, lack of self-control, fears and prejudices lead to mental ill-health and disorder. For example, worry and depression of spirits, may cause loss of appetite and dyspepsia. Rage may bring on heart failure or apoplexy. An ill-tempered man not only inflicts harm to his own body and endangers his own life but is also capable of inflicting harm to his neighbours and attendants and endangering their lives as well. Many of the heinous crimes

such as suicides, murders, etc. have been perpetrated while in an excited state of mind and to prevent such happenings, mind must be taught coolness, and self-control. This teaching should commence from childhood. Just as a child is taught habits of cleanliness, of going to bed early, of early rising, of taking food at regular intervals and so on, so also, it should be taught habits of courage, patience, regard for others, respect for the feelings of others, maintaining its self-respect and exercising self-control etc. which may seem trivial to the elders but yet of much consequence to the child, in shaping its future destiny.



Character is the bridge of Safety.

" The Mind is its own place and in itself can make a Heaven of Hell, a Hell of Heaven ". Since man is endowed with the faculty of thinking and can discriminate between right and wrong, he must so cultivate his mind as to have mastery over it and not allow himself to be captured by it and be made its slave. High thinking will help him do it. He must ask himself, in his calmer moments, the questions, "Who am I ? What is the purpose of my life ? What was I before I was born in this world ? and What shall I be after my death? In attempting to solve these problems, he will at once realise that he has a noble mission to fulfil in this life *viz.*, to serve God and to serve humanity. As he goes on philosophising thus and concentrating his thoughts, on how best he could be useful and helpful to his kith and kin, neighbours and friends, in short to the world at large, he will reach a stage when all evil thoughts arising from a desire for self-aggrandizement, self-glory and self-gratification, such as avarice, envy, miserliness, lust, pride, and enmity, will vanish and in their places, contentment, happiness and peace of mind will be enthroned. The mind must be fed with pleasant encouraging ideas and must be purged of all unpleasant sickening thoughts. Life is not always smooth-sailing. There are ups and downs in life and when in adversity, one must be able to find "tongues in trees, books in the running brooks, sermons in stones and good in everything". Therein lies real happiness.

Our ancients have laid great stress on the proper cultivation of the mind. According to our scriptures, an act originates from mind, voice or body. "Invidiously regarding the property of others, thinking with the mind of forbidden things and wrong inclination (constitute) the threefold (evil) acts of the mind"—Manu, Lec. XII. 5.

" Abuse and untruth, as also malice under any circumstances and talking about what does not concern one, would be the four-fold (evil acts) done by the voice—Manu, Lec. XII. 6.

" Taking (things which) have not been given, as also injury not done in accordance with legal injunction and adultery with another's wife, are called the threefold evil acts of the body—Manu, Lec. XII. 7.

"Now, there is a rod for the voice, a

rod for the mind and likewise a rod for the body; he in whose consciousness these three rods are treasured up (in other words, he, who subdues his voice, mind and body by not letting them on evil paths), is called the man of three rods (*i.e.*, *tridandin* or an ascetic who has command over thought, word and deed'—Manu Lec. XII. 10.

"A man by exercising this threefold rod in respect to all creatures and by suppressing desire and hate, obtains a firm hold on happiness—Manu. Lec. XII. 11."

Thus the methods the ancients employed, were self control, right thought and calmness. Self-control confers strength, right thought, mastery, and calmness, power.

In this materialistic age, high thinking, unfortunately, is at considerable discount and consequently, individuals and nations are cutting each other's throats in the bid for power and supremacy. When we think of the chaotic condition of the world to-day, resulting from loose thinking or low thinking, or light thinking, we are reminded of the following famous lines of Milton :—

O Shame to men ; Devil with devil damned,
Firm concord holds ; men alone disagree
Of creatures rational though under hope
Of Heavenly grace, and God proclaiming peace
Yet live in hatred, enmity and strife
Among themselves and levy cruel wars
Wasting the Earth, each other to destroy :
As if (which might induce us to accord)
Man had not hellish foes enow besides
That day and night for his destruction wait!

Our Foods and Our Cooks

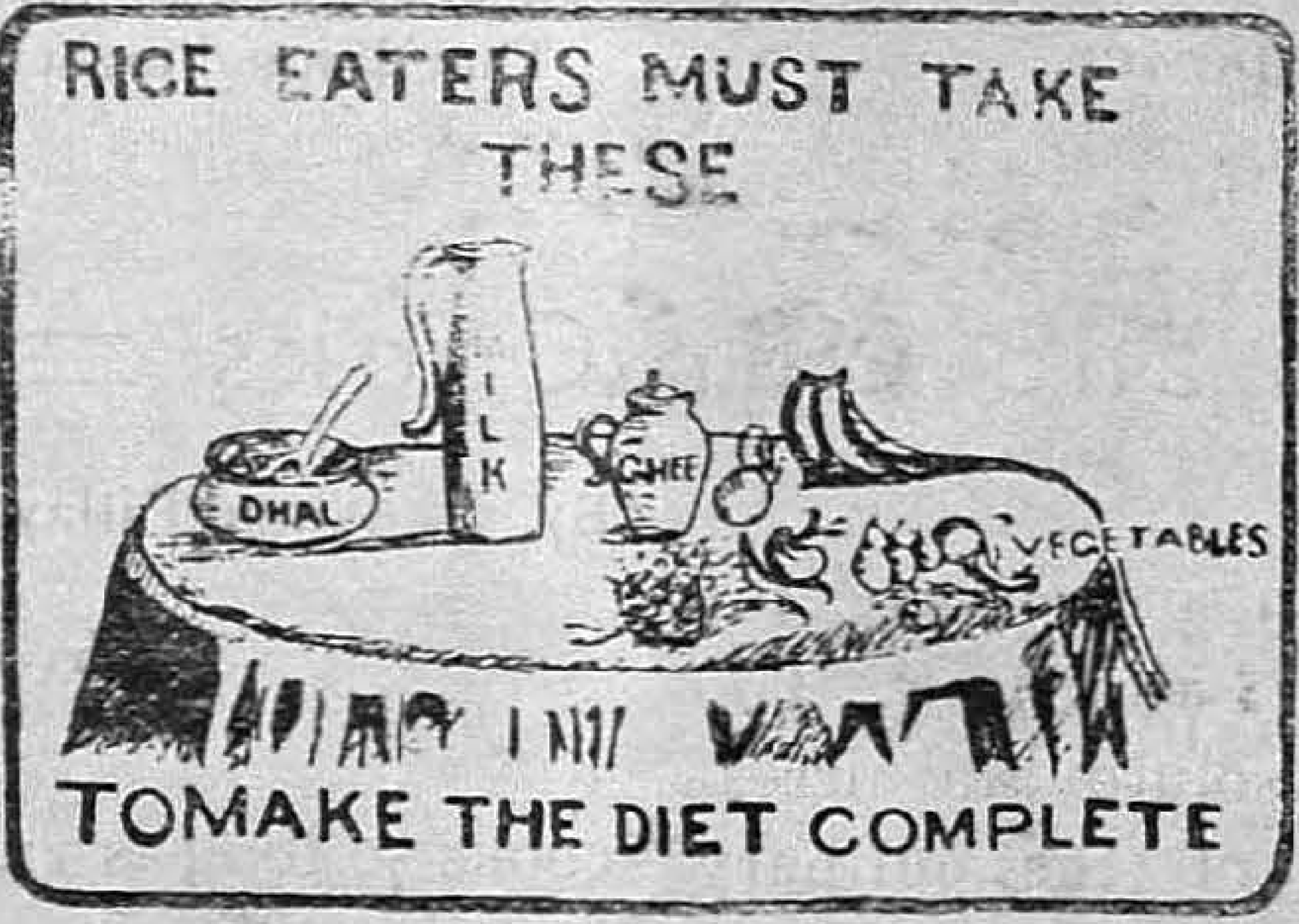
By G. Raman Pillay, M.B., Ch. B. (Edin.)

Trivandrum

Our cooks are, in some ways, the arbiters of our nutrition. Too often they are the absolute and irresponsible monarchs of the culinary under-world; and their dishes, whatever their condition, have to be meekly submitted to, by a hungry soul that waits not to enquire into their quality. Ignorant of the values and the nature of our victuals, and of the modes of cooking them, we engage any casual fellow from the country who has been tried and found totally unfit for any profession, until he finally decides on cooking as the art that masters know nothing about and therefore easy to profess and impose upon an ill-informed public. If your wives can cook, then you are in luck ; and the cook soon retires elsewhere to practise his deception. Does it matter who cooks so long as victuals are thoroughly boiled or fried—or burnt ? It does matter very much indeed, because it is the easiest thing in the world for cooks to spoil our foods and thereby ruin their nutritive properties—bringing down upon us such diseases as rickets, scurvy, beri-beri, and debility generally, because certain important food ingredients, such as vitamins and salts, originally present in our provisions, have been spirited away by amatuer cookery masquerading as "Expert." You may buy some tomatoes that are rich in vitamins : but your cook has managed to cook it so that the vitamins have been well nigh annihilated. So, we see that

everyone of us who cares about our nutrition—and who does not?—should be told in schools or elsewhere what victuals to grow or buy and preserve or store, and how to get all the good out of them—as also what cooks to engage. If there is "many a slip between the cup and the lip", there are many more slips between the cook and the stomach. It is not enough to pay for the things and the cook. It is not enough to man the kitchen with any and sundry fellow without experience in the art. Cooking schools and the licensing of cooks would be an idea, in India, as elsewhere, if our national dietary is to be adequate and balanced.

Fresh foods and a minimum of cooking, compatible with digestibility would give us almost all the good there is in a food material. Tomatoes and such other articles as cucumber, onions, and lettuce, had best be eaten raw—being thus retrieved from the hands of the all-consuming Moloch of the kitchen to whom we now sacrifice many of our innocent and precious edibles! If there is doubt about the cleanliness of the garden vegetables, they may be just momentarily immersed in boiling water and taken out and chopped for salad. This procedure kills off all disease germs on them: it does not affect the salts and vitamins within. Strong sauces would destroy vitamins. Preserved and pickled articles have no vitamins in them.



A lesson for your cook on 'Diet and Nutrition'.

Our staple article of diet—the rice—is scandalously misused in various ways. In the first place, its bran and its growing point or germinal end that hold the vitamins, some proteins and the salts are, in our ignorance, thrown away to cattle and pigs that benefit by them while their masters sadly deteriorate. Animals secure all their food ingredients fresh from nature's larder; but civilized man, the cooking animal, who eliminates essential portions by his refined 'cookery' fumbles in research laboratories in search of 'vitamins' to restore his physical deficiencies! The polished, milled, or 'table'—rice, perhaps exalts the diginity of the table; but it has little value except as starch-paste, especially when boiled long and strained off. For vegetarians, the loss of the little protein from the bran is a serious handicap that marks the difference between the South Indian and the Northerner.

The above facts would tell us that even the meagre dietary of the despised South Indian can be improved and balanced to a certain extent by selecting proper provisions within our means, by attention to little details of gathering and preparing our foods, coupled with a course of patient though possibly protracted instruction to the presiding diety of the kitchen. Let us not destroy the proteins, salts and vitamins in the cheap and abundant foods lying about us in our gardens. We should understand the

value of things for which we have not to pay heavily. We have what we require, in our fresh vegetables, eggs, and cow's milk and other foods. If we neglect these, then we pay the penalty, by importing, in a panic, costly foods that are but poor substitutes for the natural. Everyone of us must interest himself or herself directly in this vital matter, as the kind of 'cooks' we engage are devoid of understanding and indifferent as to results. The pamphlet on "Balanced Diets" of Bombay, (costing but four annas—from Bombay No. 11), or the recent pamphlet of the Coonoor Diet Research Institute would be found very instructive and, helpful, in this connection.

Dietetic Value of Honey

— By Dr. L. R. Fernandez, —

Trichinopoly

Of all the natural foods rich in carbohydrates, honey is the most valuable and delicious. Honey is more wholesome, nourishing and more easily digested than cane-sugar because the chemical change effected by the bees in the sugars of nectar is the same as that effected by the digestive ferments in the stomach and intestines and the principal sugars have already undergone the first process of digestion. Therefore honey is said to contain predigested sugar and is easily assimilated. Whereas, cane-sugar is not so easily digested and is often an intestinal irritant. Honey contains a mixture of 40 % levulose, 35% dextrose, 1 to 10% saccharose, 15 to 20% moisture and less than 1% dextrin. In addition to the sugars, it contains some of the mineral elements very essential for the maintenance of health, such as calcium, iron and phosphates in small proportions. Ethereal oil found in the best fragrant flowers also enters into its composition.

Though honey is very rich in carbohydrates it contains very little proteins, the former 59.90% and the latter 0.21% only ; the deficiency in protein can be made up if it is taken with milk which contains 3.32 % proteins. When combined with milk, honey forms an ideal food for growing children and adults. Almonds which contain about 18.58% proteins when soaked in honey at night and taken early morning is a very nutrient food for all those who wish to build up a strong and healthy constitution.

Honey is able to produce in the body heat, strength, and energy. It is said that Goliath and Hercules of ancient times, and Ramamurthi, the great Indian Sandow, were in the habit of taking daily honey in their diet. Hence their mighty strength and infinite capacity for work. Not only to those who wish to build up a strong body, but also to those suffering from diabetes, honey is a wholesome food, as these cannot indulge in any other kind of sugar. Because of its delicate flavour and its delicious taste and antiseptic properties, it is used as a preservative for fruits, jams and conserves.

Not only as an article of diet, but also as a mild laxative honey is highly

appreciated by those who are suffering from constipation. As pregnant women, aged people and those who are indulging in plenty of meat preparations are often liable to suffer from costive bowels, they will do well to take 2 teaspoonfuls of honey early in the morning and at bed time. It is also a healthy expectorant to bring out phlegm in cough, asthma and chest troubles. When combined with other expectorants, my patients have derived much comfort and relief from honey whenever I prescribed it to them.

For pimples in the face of young men and women, boils and eczyma also, honey is applied with great advantage. It aborts the pimples and boils in a couple of days. When applied to chronic foul ulcers, honey helps to heal them up sooner than iodoform and such applications. Finally the readers may be interested to know that honey can be used as a cosmetic to beautify the complexion. Specially those of the fair sex may become fairer if they give it a fair trial.

Rural Reconstruction—Model Villages

By G. T. Gopalakrishna Naidu, L.P.H.,
— Asst. Dist. Health Officer, Chittoor. —

Introduction

TURN as we may, we now-a-days meet with people animately discussing about rural uplift, village reorganisation and village polity. It is really a sign of the times that such a healthy discussion prevails and the march of events apparently justify the means of adoption. Little attention had been hitherto paid on the villager who was considered more as an adjunct to an urban town, than to the rural area to which he belonged.

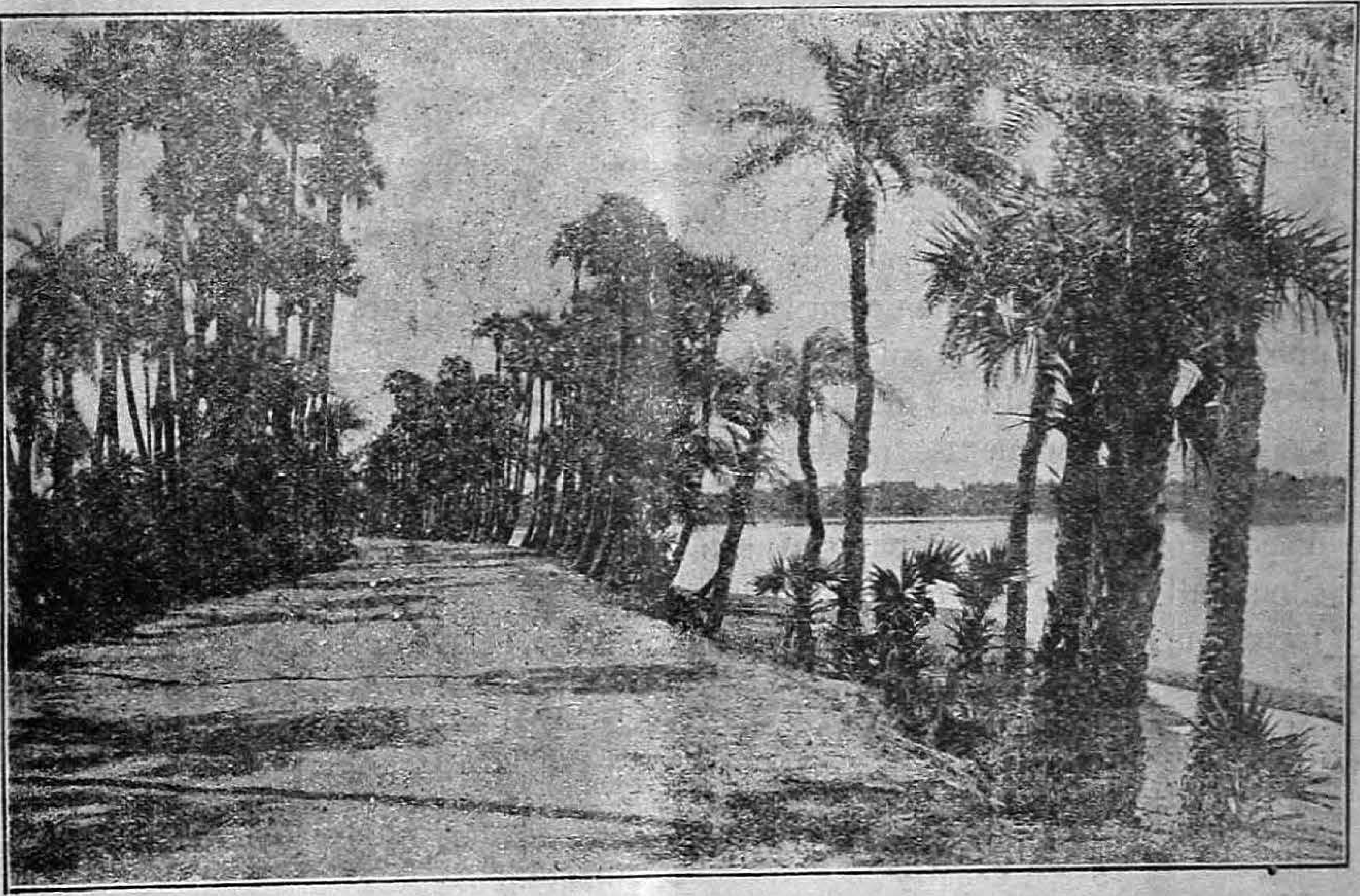
Selection of Model Village

There are about seven lakhs of villages in this mighty land of ours. If all the villages are to be improved, then probably about a lakh of Sanitary or Health Inspectors have to be employed with consequent addition of several supervising medical officers of Health. This is certainly impossible either now or even in the remote future considering the heavy expenditure involved. What should be possible is that improved ideas on sanitation only may be imparted to these villagers so that they can be adopted by them. The only nearest approach for instilling Sanitary conscience in a conservative villager is to show by example in the actual field, rather than by precept. This can only be done by intensive public health and other improvements in certain specified villages in each district so that these villages may serve as "models" to other villages for adoption.

Conditions of such selection

How then can we fix upon such a model village ? The answer is not far to seek. A model village should as far as possible be very near the Head Quarters of a District or Taluq station so that people from the interior of the district or taluq may have occasion to see the village in its improvement, whenever they go to town. Further the village so selected should be

within three to five miles from the Head Quarters, and never more than seven or eight miles. It should be easily accessible by rail or road: if it is the latter, it should be seen that regular buses or other services are available for easy approaches. Also, the selected village should be a festival, or epidemic centre, so that by the intensive improvement effected, there may not be occasion to call it any more an epidemic centre. Permanent improvement in a festival centre will gladden the hearts of the thousands of devotees, and it is quite the reason why a festival centre should be selected. Scope for expansion as village extension etc., should also be taken into consideration while selecting a model village. To add to this, it will also serve our purpose if there is a weekly shandy etc., in this village. And above all, the willingness of the unexciting domiciled villager (whose unshaking belief in Fate grows the more marked as his age advances), to contribute voluntary labour and help, should be enlisted. The whole question therefore centres round this *viz.*, the sympathetic consideration with which we treat the villager who in his turn learns to believe in us and our work, and throws himself heart and soul along with us, for the improvement of his village.



A Village Scenery—fine, picturesque and healthy.

Survey

Having selected model villages, we should set about enquiring into their survey as public health, social and economic. Every house, every hut and every Ram and Gopal, should be met and information elicited. This is the first step in the right direction; for, in so doing we meet with everybody in the village, discuss things and thus indirectly enlist his or her sympathy.

Public Health Survey

Nature and source of water supplies,

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their number and situation, their adequacy or otherwise, should be elicited. If there is provision of latrines, burial grounds, recreation fields, etc., they should be noted. Disposal of manure and possible improvements for farm yard manure should also be furnished. The endemicity or otherwise to epidemics as Plague, Cholera, Smallpox, Malaria, Relapsing fever, Leprosy, Guinea-worm, etc. should be ascertained from village records and personal enquiry. The number of houses, names of inmates in each house, occupation, state of health and vaccinial condition of each one should be recorded. The average diet of each one should not be forgotten to be elicited. The conditions of houses are equally important. Their ventilation, presence of kitchen and smoke outlets, proximity and condition of cattle yards to sleeping apartments, presence of rubbish heaps in and around houses, disposal of sullage and night soil etc., should all be seen and recorded. Satisfactory findings can be effected by one who has the experience of having moved with villagers as otherwise results may be vitiated from inexperienced hands.

Social Enquiry

An insight into the several castes, and their social order, with particular reference to depressed classes should be had. Reasons for Emigration, or Immigration have to be enquired into. Existence of Associations, Panchayat Boards, Vigilance Committees, Red Cross Associations and Boy Scout movements may be elicited. The educational condition of the village is also not without its importance.

Economic Enquiry

All the above informations without that of economic status of the villages cannot be useful. Hence an idea of the agricultural holdings, their value, the number of cattle possessed by the ryots and whether they are bulls, cows, buffaloes, sheep or goats, and their value should be ascertained. Estimates of other assets as furniture, jewellery, loans given etc., have to be enquired into. A certain amount of tact on the part of the enquirer is necessary. Else the villager's distrust of foreign elements being proverbial, you cannot arrive at satisfactory findings. The nature of debts, whether mortgage, pledge, or otherwise and the villager's total liabilities have to be arrived at. The out-turn of crops, their value, the expenses towards catttle, labour, seed, manure, rent paid for land assessment etc., have also to be gathered for approximating the profit or loss account of each land-holder. The domestic expenses as cost of food, grain, milk and its products, food pulses etc, expenses towards ceremonies, clothing, and education of children, have likewise to be enquired into. All the above enquiries are necessary; for upon their findings rest the future improvements of the villages.

Improvements

We shall now come to the actual improvements which have to be effected. They can be brought about by co-ordinating the work of the various specialist departments, such as, Public Health, Agricultural, Veterinary, Educational, Industries, Co-operative, Forest Etc.

Public Health Department

Public Health Officials can pave the way for adequate water supply. If protected water supply is not possible, then, digging of additional wells, or

conversion of step wells into draw wells, provision of tube or bore wells on the bank of tanks or rivers will be adopted. General sanitation—as thorough cleaning of the village, removal of rubbish to distant manure grounds, satisfactory disposal of sullage by soak pits or filter trenches, provision of latrines and consequent reduction of soil sanitation, are a few items of public health programme. Marshy areas will be reclaimed, anti-malarial operations will be undertaken and incidence of malaria minimised with the reduction of mosquito nuisance. People will be made to sleep in peace without the menace of the stinging mosquito. Visitations of cholera and typhoid will be averted by periodical inoculations. Incidence of small-pox will be prevented by timely vaccination. Medical and Maternity Relief, provision of model dairies and village extensions are a few of the major improvements which can be effected by Public Health Department and those are given in detail in the subsequent paragraphs.

Agricultural Department

Officials of this department can help in conservation of animal dung and urine by erecting suitable sheds for cattle. For this purpose a spacious ground is necessary far from the dwelling houses. Cattle from the village should be tied nowhere else than on the ground allotted for the purpose.

Agricultural implements in their improved form will be distributed to ryots on loan basis. Improved strains of seed grains will be given to agriculturists. Demonstrations on improved methods of cultivation are effective when they are repeatedly resorted to.

Veterinary Department

This can actually effect improvements in the condition of cattle in general and milch cows in particular. Introduction of stud bulls is not new to our villages ; and this is necessary. Epidemics of Rinderpest, Black Quarter etc., will be prevented by timely inoculation of cattle. Castration of animals can be done without any cost to the ryot. Poultry diseases will be prevented by an enthusiastic Veterinary Officer. Importation of good breeds of fowls, and supply of them to ryots with proper instructions to increase their race may be done as an experiment. Bee-keeping and honey-extraction is really very good and villagers may be taught about this useful cottage industry.

Educational

This does not need over-emphasis. If every man, woman and child can read and write his or her vernacular, and understand things, and act up to the acquired knowledge, I think we have reached a stage when we can bear any responsibility. Such a consummation will be reached in at least a a model village if we have enthusiastic able teachers who should be well paid for their arduous task. Mass education should be advanced on the right lines. Adopt whatever method you can for improving youngsters; your aim is to make them more literate. Montessori Method or Daniel Method for the very young, Dalton's or Savur's Methods for the high school goers or the good old system of *Guru Kula* or any other revolting new systems—which alas ! are as many as the different systems in medicine—may be ushered in. The end justifies the means and we want a literate race. Libraries, Radio installations, and Cinema demonstrations increase the earnestness of the villager to learn more and yet more.

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Other Departments

The other departments will do their individual work. The Engineer can improve village communications and bridge irrigation canals and channels where there are no roads. The Co-operative Department can make free grant towards part of the cost of godowns, and for Village Hall cum reading rooms and recreation grounds etc. Thus the "Nation Building" activities may be brought about by the co-ordination of various departments with the villager who is the backbone of the country upon whose prosperity and contentment any stable administration will rest.

The improvements referred to in the fore-going pages are not complete unless a satisfactory maternity service, supply of good and wholesome milk for improvement in the nutritive content of food, and above all scope for extensions of village are effected. These are dealt with in detail here :—

Maternity Service and Medical Relief

Every child born has got the right to live a healthy life in this world. The parents, and the state are equally responsible for this. Antenatal care, proper attention during labour and subsequent careful watch and feeding of the innocent baby are the main aims of a free maternity service. The sufferings of the people should be relieved by proper and timely medication. For this purpose a Doctor, a Health Visitor and a Midwife are absolutely necessary. They will be the guardian angels for the villagers during thick and thin.

Dairies

Location of cattle yards far away from human habitation has been dealt with already. Clean and sanitary cowsheds, and neatly cleansed cows looked after carefully and fed well, yield very good milk. A voluntary association can buy the milk and supply at reasonably cheap rates to the ryots in and around the model villages. Wholesome butter will be obtained in the dairies as against the suspicious ones available now in the market. A well managed dairy can look after extensive grazing grounds for cattle. Fodder of all sorts can be grown here, sufficiently and well.

Village Extensions

It should be the aim of the Sanitarian to advise the people to construct well ventilated houses with approved plans. New grounds should be available for village extensions and these should be utilized for constructing houses in parallel and perpendicular streets for proper insufflation of air. Small gardens or Parks in centres of these extensions may be necessary.

National Uplift

I have endeavoured to furnish a scheme which attempts to make the life of the villager contented and prosperous. If we can make him still more happy by raising his money value and the value of his yield, at the same time reducing the cost of several of his commitments and reducing rural indebtedness, we believe we have reached the goal. If a villager in a model village attains such a consummation, what then is the difficulty for the nation of agriculturists who need only to copy and carry into practice what they have learnt from such model villages.

Hygiene of the Teeth

By Dr. S. K. Gupta,

Surgeon Dentist, Durga Charan Road, Ambala Cantt.

THERE has been too great a tendency in recent years to stress the part played by vitamins in the maintenance of health to the exclusion of much more important factors.

Dental disease is a dietetic disease. In order that the child's teeth shall be well calcified a sound diet must be provided for the mother during pregnancy and for the child during the early years of life when the teeth are developing.

Cleanliness of the teeth prevents decay : This cleanliness can only be secured by detergent diet of such a character that fermentable food-stuffs are not left adhering to the teeth at the end of a meal though a certain amount of good may result by the intelligent use of a tooth brush or a 'dantan'. The movements of the jaw and tongue and the alkaline saliva possess immense cleansing value, but it is still necessary to keep the teeth clean by brushing or mouth cleansing, particularly every night after the last food of the day is taken.

If the impression be gained, as in certain instances appears to be the case, that the dietary deficiencies are the main cause of dental caries, the real and direct cause is liable to be obscured, if not entirely overlooked.

There has been a great improvement in the condition of the teeth of the population of this country due, in large measure, to strenuous and persistent propaganda concerning the importance of Dental Hygiene in preventing dental caries, and it would be very unfortunate if, as a result of erroneous ideas concerning the relative importance of the factors contributing to this condition, there should be failure to maintain the progress which has already been made in a matter so vital for the promotion of health.

The price of healthy teeth is dental vigilance. The earliest signs of decay require conservative treatment by the dentist if such decay is not to spread. In other words, in our civilisation at least, it is necessary to keep watch on the teeth if a man would keep his natural teeth serviceable throughout his life.

It is on these lines only that an immense amount of prevention and reduction of expense will ensue.

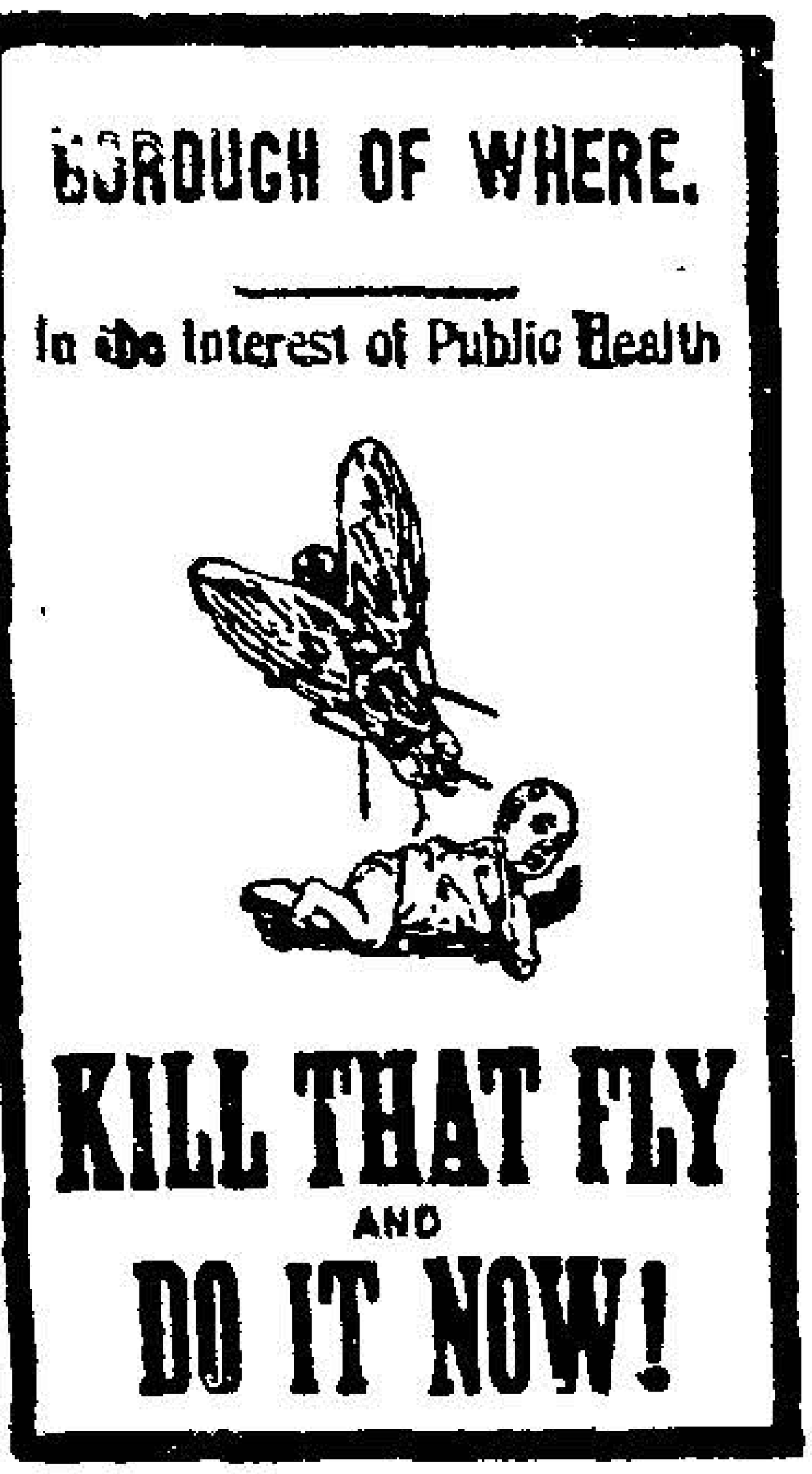
SOAP IN THE MOUTH

There are many of us who will recall the days when the teacher " punished " disobedient children by placing a piece of soap in the offender's mouth.

Now comes Thomas B Wood (*Med. Times and L. I. Med. J.*) who shows that soap has a beneficial action in the mouth and oropharynx. In fact the upper respiratory tract appears to be the portal of entry of many constitutional diseases. One drachm of tincture of green soap to one pint of water is a suitable wash for the mouth and throat. This proportion gives a 1 : 128 dilution. In no way is it deleterious.—*Od's Quarterly.*

— The Deadly Fly —

By R. R. Shukla,
M. O. Kekri Hospital, Kekri,
Rajaputana



The fly cometh gaily unto us,
His feet all gummed with poisonous pus
And singing clear his song so sweet,
Alights and cleans them on the meat.
He gathers scarlet fever spores,
And leaves them on the walls and floors,
He is not proud and oft will stoop
To carry heavy loads of "croup"
And place it, where its awful death
May come and go with baby's breath.

* * *

In ancient times our Fore-Fathers were afraid of Beasts of Prey (Lions and Tigers) and Reptiles, but to-day we are afraid of Fleas, Flies and the Mosquitoes.

IRON AS A DIETARY NEED

From remotest ages the medical virtues of iron have attracted mankind. As soon as metals came into use and iron had proved its lethal possibilities in warfare the medicine men at least, seem to have employed it in prolonging instead of ending life. As iron is the strongest of metals logically it would appeal to primitive therapeutists as conducive to strength and vigour, and Dr. Malcolm Dyson from the pharmacological viewpoint sees here the germ of the modern faith in ferruginous substances. When chemistry arose and it was demonstrated how widespread was the distribution of the metal and that it was present in almost every article of a mixed diet, its therapeutic position was more firmly established than ever. Now as the physiologists showed that it was largely excreted, curiosity was naturally aroused as to the actual amount of the body requirement. Nowhere has so much research been expended on this question as in America, where for 30 years attempts have been made to determine the ideal equilibrium by comparison between the amount ingested and that excreted. At first it was concluded that as little as 10 mg. were sufficient, but later and more accurate trials have fixed it at no more than 5! In view of the present dietary discussions this is a point of great practical importance when we remember that beef and egg-yolk are animal foods richest in iron, while milk and its derivatives are the poorest, and that among cereals and vegetables oatmeal, rice, and potatoes have a large iron content.—*Medical World.*

Groundnut Milk—How to Prepare it

—— By Sister Ahimsa Devi ——

Bangalore City

SOAK groundnut bean over night. In the morning, grind in a hand machine. To one cup of this use according to judgment, 2, 3 or 4 cups of hot water. If a creamy substance is wanted for confections or for vermicelli, 2 or 3 cups of hot water will suffice. Leave the hot water to remain with the milky liquid for about one hour, stir well. Then strain the same through a scientific good nickel plated wire strainer.

This milky liquid contains a high amount of A. B. C. D. of Vitamin, since it has not been boiled. For other preparation, use some milk fluid, adding to it 3 or 4 cups of water and boiling same only for about 20 minutes. In this way the proteins are thoroughly extracted. Even if it is boiled for 20 minutes the valuable vitamins are retained without being destroyed. But when boiled for a longer period, the vitamins are likely to be destroyed. ("Practice, experience, judgment and perseverence will adjust matters efficiently.") The remaining milky fluid is either used for domestic animals or as manure. (Buddhist priests in China and Japan take the same in a form known as *Tapu*— or liquid in soup form). Yogis in India have used groundnut in small quantities with good results. They preferred them to Dhall and other legumes. Firstly on account of its healing qualities and secondly when in liquid form it is most palatable. Wholesome preparation could be derived from same. If anyone is in doubt about these statements due to sheer ignorance, Mahatma Gandhi might be consulted who would give explanation on its wholesomeness.

Later on a booklet will be printed on various preparations of groundnut pulp and its essence and letters by famous doctors furnished. Space does not permit to go into details.

I received a letter from a famous Viennese Doctor giving the following statement :—

What a pity the Indian people are not more aware of the valuable healing qualities within the humble groundnut. In powder form, liquid and its oils distilled, it is given to the patients. Only they are more or less unaware, from what source these fancy labelled medicines are derived from ; absolutely reliable in billiousness or indigestion whenever partaken of in a liquid state.

High medicinal value for ulcerative stomach, diabetes and general malnutrition. The Deena Seva Sangha will in the future open a large centre where scientific food shall be prepared, also groundnut milk, and various ground-nut preparations, besides unpolished rice to be had for sale. For information write to the Secretary, Brahmachari Ramachandraji, Deena Seva Sangha, Malleswaram, Bangalore City.

—Common Cold—

— By Phanibhusan Mukerjee, —

Bahera, Darbhanga.

COMMON cold or a cold in the head or coryza, as all know, is characterised by frequent sneezing and running from the eyes or nose or a profuse discharge of watery secretion which sometimes is so irritating that it excoriates the nostrils and the surrounding skin and causes great discomfort to the patient. The latter loses his sense of smell and taste, feels malaise or a general uneasiness and is feverish. He is troubled with headache and more or less pain in the body.

The disease is highly infectious and the patient as he sneezes spreads infection to the surrounding atmosphere and those happening to come in close contact with him are liable to be infected.

Treatment.—consists first, in clearing the bowels, and second, in making the body warm.

(1) In order to make the bowels clear, the patient should take plenty of fruits like oranges, tomatoes, apples, papaya, grapes and figs. These fruits, if taken overnight, move the bowels in the morning and make the patient quite comfortable. Besides, the juices of these fruits, by supplying sufficient vitamin to the system, raise the resistance power and thereby enable the patient to cope successfully with the disease

(2) To make the body warm—the patient should take:

(*a*) plenty of raw onions and garlic. These should be cut to pieces and taken with curry or smashed potatoes.

(*b*) a few cups of tea, coffee or cocoa taken during the day.

(*c*) a meat diet—there is an adage in India that cold is cured if a person takes meat diet, uses snuff or fasts

(*d*) Luchi, puri or bread fried in ghee, if taken instead of rice.

These food stuffs increase the body heat, dry up the secretions and thus cure the cold. Besides the latter two being nutritious diets increase the resistance power, thereby enabling the sufferer to fight out the infection.

FIRST AID FOR BURNS: TEA FOMENTATIONS

An old-folk remedy has been recently resuscitated and used in the treatment of burns. Tea can be prepared quickly in any household and at the same time strips of linen can be sterilised by boiling. These are soaked in the tea and when cooled to body temperature are laid on the surface of the burn. Tea is an old Scottish folk remedy for burns and doubtless owes its efficacy to the tannin contained in it.—*Medical World.*

Topics of Interest from Health Periodicals

Snuff.—A paper by Dr. J. D. Rolleston, on Snuff Taking, delivered before the Society for the Study of Inebriety and printed in its journal in July, 1936, is full of facts of the history of this curious custom, not the least remarkable of which is that the consumption of snuff has increased 300 per cent. in the last five years! Since the introduction of tobacco, rather more than 300 years ago, snuffing has been synonymous with tobacco snuffing, but the habit, fashion, vice, or therapeutical measure, whichever one likes to call it, must be very ancient. Centuries ago the Chinese used to mitigate small-pox by inserting pock-crusts into the nostrils, which suggests that inserting material up the nose must have been an established custom. That tobacco snuffing came into fashion as a form of self-indulgence is not to be denied, but the common excuse for every questionable habit, that it had medicinal properties, was soon forthcoming Then came the usual dispute whether the habit did more good, or harm, for it was credited, by those who liked it with curing many disease, and of causing the same diseases as it was alleged to cure, by those who disliked it. This controversy continues and, indeed, Dr. Rolleston hints that the increase in snuff taking of recent years is due to a pronouncement that snuff prevents cold in the head. Dr. Rolleston says very little about the pharmaceutical properties of tobacco snuff, but we gather that he thinks they are on the whole, if not entirely, harmful and its alleged therapeutical values largely mythical. He does mention the somewhat curious fact that snuffing does not produce tobacco poisoning as chewing often, and smoking sometimes, does. Indeed, both the harmful and alleged beneficial actions of tobacco snuff can both be explained by a fine, somewhat irritating, dust. Snuff addicts lose their sense of smell, and consequently of taste, and not infrequently suffer from chronic conjunctivitis but they seem to be neither more nor less liable to nasal catarrh and associated deafness than others. To those unused to it, snuff temporarily diminishes turgescence of the nasal mucosa and promotes sneezing, and to this can be attributed any value snuff may have in relieving or preventing cold in the head. Probably as a vice snuffing is less pernicious than most vices: as a remedy it is about as useless as 99.9 of the therapeutical measures suggested in the long history of the healing art.—*The Medical Officer.*

Cocoanut.—By *Dr. S N. Rai, N.D.*, Principal, the Indian College of Naturopathy, 100, Harrison Road, Calcutta.

The fruit is called Philosopher's Stone and the tree is called the Tree of life. A Sinhalese tradition says that prince Rottahraja of Ceylon was cured of leprosy by living wholly and solely upon Cocoanut continuously for three months.

Mother Nature has gifted this tree such qualities that all the parts are used by man: 1. *Kernal* raw and prepared is used as nourishing and wholesome food. 2. *Milk* is used as

cooling drink. 3. *Oil* is used, as food, hair oil, ingredient of medicines and soaps 4. *Buds* are used as cabbage. 5. Unfermented *Juice* of the buds is used in preparation of Cocoanut sugar, while fermented *Juice* constitutes a spirituous liquor called toddy. 6. *Shell* is used in making smoking pipe vessels and buttons. 7. *Fibre* of the shell is used for making wefts and cushions. 8. *Leaves* are used in making hats, fans, umbrellas, sieves, basket, paper and roofing huts. 9. *Roots* are used in medicine; and 10. *Wood* is used as beams of the huts and when rotton is used as fuel. Thus this tree provides a man with majority of his needs of life.

A man owning six trees becomes free from most of his cares. A person in an expensive city like Calcutta can live on it at the cost of annas four only, if he adopts himself to it.

Physiological Effects—*Kernal pulp* is nutritious, heating and oily, but requires a healthy stomach to digest: increases and thickens semen; produces pure blood and fat; removes liver weakness and increases eyesight. *Milk* of the unripe fruit is diuretic, cooling and refringent. *Oil* prepared from fresh pulp is a good substitute for cod liver oil, but with the defect that it is difficult to digest. Rectified *oil* called cocogem is a substitute for Ghee. Pure *oil* used as hair oil gives much growth, lust and color to the hair. *Bud* nourishes the body, strengthens brain, improves memory and intellect and energizes the senses.—*Naturopathy.*

Simple Method for Infant Feeding.—In his search for a commonsense way of treating the great majority of babies in the summer months that can easily be handled by the average family physician and can be carried out by the average mother in moderate financial circumstances, it occurred to Hiden that about half of the whole world lived almost entirely on rice and that ages on ages in the world's experience had definitely proved that rice as a food was especially well adapted to the people who lived in the hot climates of the world. Therefore he selected condensed milk, added to it the required amount of boiled water to make it the right strength for any given infant and added to this one fourth of its quantity of boiled rice in the form of a thin gruel, about as thick as cream. The quantity of this mixture for each feeding is regulated to suit the age and weight of the infant. This makes a practically sterile diet, easily digested, highly nutritious and sufficiently balanced to meet the requirements in the great majority of cases. In addition to this diet the child is allowed a little orange juice two or three times a day. When oranges cannot be secured, a little tomato juice may be substituted. For the last 20 years the diet has given the author far better results than any other method of infant feeding that he has ever tried.—*J. H. Hiden, Virgina Medical Monthly, Richmond, Sept., 1936, p. 375.—Medical World.*

Common ailments of pregnancy—

1. Constipation is one of the evils of the age due to our unnatural way of living. It is due to improperly cooked foods, instead of fresh foods and to unbalanced diet; it is also due to lack of exercise. A walk in the open air will be beneficial.

2. *Flatulence, Heartburn.*—This is a common complaint specially during the latter months of pregnancy. To prevent this, a glass of hot water should be sipped slowly about half an hour before meals. No fluid should be taken with meals.

3. *Morning Sickness.* — This is nausea, sometimes with vomiting of bile and water, occurring on rising in the morning This can be avoided by taking a cup of tea and a dry biscuit and resting for a short time before getting up in the morning. If vomiting of food is experienced, medical advice should be sought.

4. *Varicose veins* is a painful complication and can be avoided by not standing very long at a time. The legs should be gently stroked from the ankle to the thigh and a woollen bandage should be applied. Raising both feet above the level of the knee will do a lot of good.

5. *Haemorrhoids or Piles.*—These are varicose veins in the lower part of the rectum. They may be troublesome due to the pressing of the fœtus on the large pelvic veins. Constipation aggravates the trouble. Keeping the bowels open gives much relief. A mild laxative is advised.

6. *Headaches.*—These can be easily avoided by leading a normal natural life, and keeping the system clean.

7. *Sleeplessness.*—Can be avoided by having a comfortable bed and a well-ventilated room. Evening meals should be taken long before going to bed and should not be heavy. A cup of warm milk before going to bed gives a sound sleep.

The hygiene of pregnancy is simple though important. It is easy to carry out and often bridges the gap between healthy life and perpetual disease.—*Nursing Journal of India.*

Measures Against Mosquitoes. — The public health department of the Belfast Corporation is preparing for another drive against the mosquito nuisance in the city during the coming summer. Dr. C. S. Thomson, M. O. H., in an article in the local edition of *Better Health*, states : " A staff of men is employed by the Public Health Department for anti-mosquito work ; these men spray with paraffin oil or add larvicide to collections of water where mosquitoes are found to be breeding. Mosquitoes breed in stagnant water ; the eggs are laid at the margins of pools, ditches or streams, also in water-butts, old tins, broken jam-pots, etc., containing a sufficient quantity of water. The eggs soon hatch out to the larval stage, and it is in this stage that they are most easily destroyed. The larvæ breathe through a minute air-tube which projects above the surface of the water. Advantage is taken of this breathing arrangement to kill the larvæ by blocking the air-tube with a thin film of paraffin oil sprayed on the surface of the water. A still better arrangement for preventing mosquito nuisance is to abolish their breeding places—that is, to drain off collections of stagnant water or have the hollow ground filled in, but some of the larger collections of water will not admit of drainage or filling in, and for such the spraying of paraffin oil or the addition of larvicidal substances will prevent the breeding of the insects. It is the duty of householders to see that old tins, broken bottles, or anything capable of containing water are not left lying about in gardens, and so prevent the breeding of mosquitoes. Owners of gardens, nurseries, etc., should see to it that water-butts and liquid-manure tanks are kept sufficiently covered."—*Medical Officer.*

Winter Diet for the Aged.—It is particularly important that the cold-weather diet of the elderly should be heat-producing as they are less able to indulge in the exercises which keep younger people warm. With this thesis Dr. Browning Alexander prefaces an artice in *The British Journal of Physical Medicine* on "Diet in Winter." He reminds us that a diet adequate and suitable for the summer is often neither in winter when its components should have a higher caloric value and produce more heat by oxidation, warm clothing being an insufficient substitute. Fats and carbohydrates should therefore enter largely into the meals of the elderly, and if fats (not meaning butter) disagree, they may be replaced by carbohydrates, a simple and agreeable way being the taking of glucose. Another article of the winter dietary whose importance Dr. Alexander stresses is calcium, chilblains and the like complaints being widely regarded as a sign of its diminution; but this is easily guarded against by a fair amount of cheese, eggs, green vegetables, and butter-milk. Then the vitamins must not be overlooked, and although a shortage of A and D is unlikely, winter attacks on the respiratory, urinary, and gastro-intestinal mucosa may be warded off by cod-liver or halibut oil. Dr. Alexander has not much use for alcohol for old people except as a definite aid to digestion, and a usefulh int for general practice among many others, is the advantage of *small meals*, and the avoidance of foods too easily swallowed without mastication, so often defective in age. —*Medical World.*

Olive Oil.—Olive oil is a valuable adjunct to health and it deserves to be used to a much greater extent than it now is.

One of the easiest ways of taking olive oil is in salad dressing. Be liberal with the oil when mixing with dressing, and let it at least equal all the other ingredients mixed together.

A teaspoonful of olive oil taken every morning, and another at night will help to keep one in good conditions, especially one whose skin is dry. Olive oil is a safe medicine for children, and far pleasanter for the hair. Applied warm to the scalp and massaged thoroughly in with the tips of the fingers the night before the hair is shampooned, it will give gloss and colour to hair that has become blank and lifeless.

Applied to the skin of the face, neck, 'arms and hands every night', it will help to keep the wrinkles at bay. Only a little is necessary and it should be put on with a small piece of cotton wool or clean rag, allowed to soak in for a few minutes and then the surplus should be wiped off.

Olive oil is a protection for the skin against sunburn and winds. Powder may be applied when the olive oil has been wiped off.—*Home & Homeopathy.*

Children's Food

Twelve Golden Rules

Do	*Don't*
1. Feed regularly.	1. Force food.
2. Feed punctually.	2. Hurry meals.
3. Feed cleanly.	3. Overfeed.
4. Feed appetisingly.	4. Feed between meals
5. Chew food well.	5. Take spices or curries.
6. Give some fresh fruits daily.	6. Ever refuse water.

—*Health Book—(Hooghly Dist.)*

Success comes not by wishing, but by work.—*Gladstone.*

* * *

He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts.—*Samuel Johnson.*

* * *

In the Sahara Desert wounds are said to heal with extraordinary ease, due to the relative freedom from trouble-making bacteria.

* * *

An excellent lotion for burns can be made by mixing equal parts of egg yolk and glycerine. Pour into a bottle and keep tightly corked until required.

The white of an egg makes an excellent tonic for the hair. Rub well into the scalp before retiring, then rinse with tepid water. This also prevents dandruff.—*American Medicine.*

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He that loses his conscience has nothing else that is worth keeping. Therefore be sure you look to that. And in the next place look to your health: and if you have it, praise God, and value it next to a good conscience: for health is the second blessing that we mortals are capable of, a blessing that money cannot buy, therefore value it, and be thankful for it.—*Izaak Walton.*

* * *

The Laughing Cure.—It has long been known that laughing aids digestion. A hearty laugh shakes the stomach and churns its contents. The happy mental state associated with laughter stimulates the flow of the digestive juices and keeps the gastric and intestinal muscles at work pushing the food along the thirty-foot tube in which it is prepared to be made into blood and tissue. Hence, the old adage, "Laugh and grow fat." Don't discuss troubles at the dinner table.—*Good Health.*

* * *

Spoon Feeding Instead of the Nipple. — Dr. O. Lade, Wiesbaden, (Kinderaztl. Praxis No. 12, 1936.)

The author recommends spoon feeding instead of the nipple, in view of the numerous disadvantages of the latter. It is hard to keep clean, it encourages the child to suck, even when it is not hungry, or it is used to quiet the child when it cries for other reasons (when wet, with flatulence, ear affections, etc.) Feeding with a teaspoon, half full, is cleaner, can be measured exactly, and prevents over-feeding, since when the child is not hungry, it will not take the milk. With two milk feedings, the child's desire to suck is saved for the breast.—(*Ars Medici*)

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Colour Affects Breathing.—Colour has an effect on breathing, too: it can make breathing rhythmic or disturbed. and breathing is directly connected with the oxygenation of the blood, upon which a clear brain depends. The therapeutic values of colour in the home should be part of the home-maker's training.

Don't have too much red in the dining-room—it is a stimulant. The stomach, not the brain, needs blood to digest food; that is why arguments or outbursts of temper at meal-times are detrimental to one's digestion. Blue is particularly beneficial as a sedative after excesses of excitement. Violet is the colour for meditation and repose of mind; it is a celestial colour. Yellow

is an aid to concentration when studying and is helpful in cases of nerve-tension.—*Health For All.*

* * *

Ancient Use of Fruit Juices— Advocates of biologic living do not pretend to have evolved a new system of medicine. They have adopted the truths which countless generations of human beings have found to be helpful in maintaining and restoring health. What sounds like a very modern note is struck by a Persian physician Rhazes, who lived a thousand years ago. The *Medical Record* tells how he advised the drinking of juices from various kinds of fruit—apples, pomegranates, berries and citrus fruits—particularly for small-pox and other forms of fever, but also as beverages of especial benefit to the human system. In fevers, this treatment should be supplemented by cooling baths and application of cold water compresses to the most sorely afflicted regions of the body. — *Good Haalth (U. S. A.)*

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Tolstoy's Attitude towards Flesh-eating.—Countess Alexandra Tolstoy, daughter of the famous Russian writer, Count Tolstoy, recently gave an interesting and most enlightening address in which she said, in reply to a question regarding her father's philosophy, "He was one of the kindest of men. He regarded with horror the killing of animals for food. He abstained from meat, fowl and fish, not only because he felt he had *no right* to take away life, even the life of animals, but because he considered a vegetarian diet most conducive to good health and longevity. At eightytwo, he had the muscles and endurance of an athlete, and rode his horse at full gallop like a Cossack.

"On one occasion, when a visiting relative, after subsisting for a few days on the simple fare served on his table, insisted on having a chicken dinner, my father went out to the backyard, caught a plump hen, tied it to her chair and placed a large butcher knife on the table near by. He insisted that if she wanted to eat chicken, she must perform the role of butcher herself, which she declined to do, and fled from the room. He felt that no one has any moral right to delegate to another the unpleasant task of killing an animal which he himself expects to eat."—*Good Health. (U.S.A.)*

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Twelve Commandments for Old Age.—"Twelve Commandments for old Age" are given in a recent issue of *Paris Medical.* These are, in brief: 1. Live as much as possible in the open air, especially in the sunshine when not too warm; 2. Eeat meat only once a day, and then in moderation: include in your diet fresh cow's or goat's milk, eggs, cereals, green vegetables, butter, cheese, fruits; every three months fast from meat; chew well; 3. Take a daily tub bath and weekly steam bath: 4. Attend daily to nature's needs; take a mild purgative weekly; 5. Wear porous clothes, especially wollen ones. except in summer; avoid garments tight around the neck; in summer choose light clothes and hats, in winter darker ones: wear always low shoes; 6. Early to bed and early to rise; 7. Sleep with an open window in a dimly lighted, quiet room; sleep for not less than six and a half hours nor more than seven and a half (women need eight and a half; 8. Relax completely once a week, trying to spend a day in the country; 9. Avoid moral and emotional excitement; don't worry or talk about disagreeable things: 10. Use temperance in your sex life but do not omit it entirely; keep married; 11. Avoid hot, close places; 12. Use alcoholic beverages, coffee, tea and tobacco in moderation. — *Medical World.*